Welcome to the Pac-12 SAHWB Initiative newsletter

Hello,

It is my pleasure to introduce this email newsletter as a new offering we will send out periodically throughout the year. This newsletter will provide the latest information from the Pac-12 SAHWB Initiative as well as information surrounding upcoming events and opportunities.

As the chair of the SAHWB board, it is an exciting time to be a part of this tremendous work. Our committee has now been in existence for over 20 years facilitating interaction, collegiality and shared solutions to the common issues we face as medical providers. In 2013, we received recognition and support from the Pac-12 with an unprecedented commitment to the health and wellness of our student-athletes. This funding has allowed us to:

- Fund 25 grants on topics important to student athletes; from mental health to overuse injuries
- Expand our Pac-12 medical meeting to involve medical providers and include mental health and nutrition providers
- Institute a conference-wide injury and illness medical record system
- Fund a part time athletic trainer on each campus to ensure that data going into our medical record systems is true to better identify injury and illness trends and examine the effects of rule changes to inform decision making
- Establish a partnership with the NCAA and Department of Defense in their work on studying concussion through the CARE program with all Pac-12 institutions contributing important data to this project with the next year
- Fund a part time position on each campus to ensure clean, high-quality data integrity for the CARE project

Other initiatives include our conference-wide football spotter program, sideline medical replay, and innovative and cutting-edge new tools to better diagnose concussion.

2019 Cycle Funded Grants
I am also pleased to formally announce to you today the approved list of research projects selected for funding by the Pac-12 SAHWB Initiative's grant program for 2019. A full list of the projects selected for funding can be found here: 2019 Grant Awardees.

As we move forward, our goals include solidifying and enhancing our research infrastructure and injury and illness surveillance system; including the addition of mental health variables, and continuing to educate and hold our medical personnel to the highest standard.

On behalf of the entire Pac-12 SAHWB committee, thank you to everyone for all you do to make Pac-12 sports safer for our student-athletes.

Sincerely,
Dr. Kim Harmon
Chair, Pac-12 SAHWB Board

2019 Pac-12 Student-Athlete Health Conference

The 2019 SAHC will be held in Las Vegas from May 9-11, 2019. All meeting information can be found at the website: www.pac12sahc.org.

Objectives of the conference are to:

- Create an environment of collaboration and networking that preserves the reputation of the Pac-12 Conference as the leader of student-athlete care
- Provide a space for representatives from each discipline to meet and discuss conference-wide trends and topics that impact each group
- Present an educational program that exhibits current trends and research in collegiate sports medicine
- Highlight Pac-12 funded research projects from across the conference
- Provide designated time for Pac-12 committees to conduct business meetings

Institutional sports medicine professionals as well as athletic administrators, faculty athletic representatives, research teams and Pac-12 administrators are encouraged to attend.

Inquiries can be sent to Tandi Hawkey (thawkey@athletics.ucla.edu) or directed to the Board Representative at respective institutions found here: Pac-12 SAHWB Board.

Message from Pac-12 CEO Group Chair Phil DiStefano

"The Pac-12 CEO group is thrilled with the synergy the Student-Athlete Health and Well Being initiative has brought among physicians, athletic trainers, researchers, dietitians and mental health professionals across our conference," said University of Colorado Boulder Chancellor Phil DiStefano. "Our collective accomplishments with this research will continue to provide a foundation for bettering the lives of all student-athletes."

Pac-12 & NCAA - Mental Health Summit

The Pac 12 Conference, the NCAA and the David Geffen School of Medicine at UCLA will host a Mental Health Summit on January 16-17, 2020 at the Luskin Center on the UCLA campus. The conference will:

- Provide a unique opportunity for a multidisciplinary exchange of ideas with leaders in both research and clinical care of competitive athletes as it pertains to
mental health.

- Bring together top clinical psychologists, physicians, athletic trainers and administrators from across the nation to explore the important issues surrounding mental health, present new findings and discuss policies and procedures that can help better treat the mental health of athletes.

Meeting information and registration details will be released this coming summer. Inquiries can be sent to Tandi Hawkey (thawkey@athletics.ucla.edu) or Tim Fong (tfong@mednet.ucla.edu).

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**Pac-12 Injury & Illness Surveillance System**

The Pac-12 continues to be a pioneer in collegiate sports by instituting a conference-wide sports injury and illness surveillance system. Such systems are used around the world to:

- Improve our understanding of sports-related injuries
- Discover ways to make our sports safer

Through this system, sports medicine clinicians who care for Pac-12 student-athletes are provided a leading-edge solution that allows them to identify emerging injury and illness trends across the Pac-12 Conference.

With access to important data from the surveillance system, Pac-12 sports epidemiologists will also engage in a critical role in order to:

- Monitor sports injuries
- Identify risk factors
- Develop effective prevention strategies

Using this data-driven approach in sports medicine research, the Pac-12 injury and illness surveillance system is set to serve as a robust platform for injury and illness analytics of student-athletes and to broaden the Conference's research into student-athlete health and wellness and improving the Pac-12's leading efforts and best practices.

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**Pac-12 & NCAA Concussion Research Collaboration Update**

The National Collegiate Athletic Association (NCAA) and the US Department of Defense (DoD) have partnered to form the Concussion Assessment Research and Education (CARE) Consortium which is structured to provide an innovative framework to study the natural history of concussion and establish best practices for recovery. In 2017, in collaboration with the NCAA and DoD, the Pac-12 launched the Pac-12 CARE-Affiliated Project (CAP), serving as a regional hub of CARE Consortium.
• Onboarding Progress: CU, OSU, USC and UW were the first round of schools to join the CAP with ASU, UA, UO and UU onboarding this year (2018/2019). By the fall of 2020, all Pac-12 institutions will have joined the Pac-12 CAP.

• Student-Athlete Participation: To date, over 2,000 student-athletes have consented to participate in the Pac-12 CAP, each with valuable baseline measures and assessments collected from male and female athletes participating in a variety of NCAA Division 1 sports including football, soccer, volleyball, basketball, lacrosse, water polo and skiing.

• Tracking Concussions: The Pac-12 CAP has captured valuable incident concussion and recovery information from over 100 male and female student-athletes, laying the foundation for a rich resource that will contribute to our understanding of concussion incidence and recovery as well as establish a knowledge base to guide clinical assessment and treatment paradigms.

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Message from Brian Hainline (NCAA Chief Medical Officer) & COL Dallas Hack (Brain Health Consultant)

"The CARE Affiliated Program Project (CARE CAP) has always been a vision of the NCAA-DoD CARE Consortium because it allows for an expansion of biomarker assessment and provides an opportunity to test emerging management strategies. We are grateful the Pac-12 has taken the lead in allowing this vision to become reality."

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Message from the Brain Trauma Task Force & Dr. Aukerman

"The Brain Trauma Task Force has been using the medical spotter technology over the past several years and are ready to submit two scientific papers this year. The first will review the concussion incidence overall in Pac 12 games and also look at the incidence of concussion diagnosis resulting from plays specifically flagged for targeting. The second paper reviews the increase in concussion rates on Kickoffs between the years prior to the fair catch rule change and the past season when the rule went into effect. Both of these articles will highlight very important and some surprising findings that likely will draw national attention to the benefits of the Pac 12 SAHC."
**Pac-12 Campus Advocates**

Who are the Pac-12 Campus Advocates? These are the administrators at each University who are the primary contacts when it comes to questions regarding Grants, IRB, Central IT, Privacy Offices, Procurement and other related topics. Campus advocates can point those involved in the Pac-12 SAHWB program in the right direction. We appreciate all the help they are providing our Board and Committees as we continue building our overall program. Click here for the Campus Advocates tab to learn more about your institutional contact.

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